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Sandi Andersen is the founder of Dharma Nutrition. Sandi is a lover of life, movement, people and dynamic energy. This is apparent the moment you meet her, and even more so in her sessions and classes.

Sandi's life dream is to share the inspiration of yoga, healing by nature and use food as our medicine for all people.

Her extensive training and life coaching skills allow Sandi to truly know when to speak, when to listen and what to watch for. Sandi will guide and support you through your sessions and classes with her profound skill and knowledge.

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